

St James' Old Cathedral

22nd February 2026 at 10:00am
First Sunday in Lent

Tested as we are: Matthew 4:1-11

*Service of Holy Communion from
A Prayer Book for Australia (1995)*



St James' Old Cathedral

Acknowledgement of Country

We worship our creator God on the ancestral lands of the Wurundjeri people of the Kulin Nation. We acknowledge them as the traditional and continuing custodians of this land and pay our respects to their Elders past and present.

Child Safety Officer

We are committed to continuous improvement in a safe culture for all, and especially vulnerable persons. Our parish's Child Safety Officer is Una Ebsworth. Una is an accredited specialist in criminal law. All correspondence and questions relating to safety checks should be forwarded to her at safety@sjoc.org.au

The Old Cathedral Voices

Formed in March 2009 from some of Melbourne's finest choral soloists, The OCV are a consort choir directed by Alex Ritter. Alex is on leave, and the choir is directed by founding director Jenny George. Today's singers are:

Lily Flynn	Maggie Dunleavy	Eliza Bennetts O'Connor	Jenny George
Matthew Crossley	Tanum Shipp	Clyde Saniga	
Spencer Chapman	Alex Owens	Julien Robinson	

The Organ

The present organ was built in 1991 by Australian Pipe Organs, restoring and expanding the 1866 Fincham organ. 2 manuals, 18 speaking stops, 8 couplers. Gt: 8.8.4.4.2.III. Sw: 8.8.8.4.2.III.8. Ped: 16.16.10-2/3.8.4.

The Old Cathedral's organist is David Brown. David undertook studies as an organ scholar at the Universities of Cambridge and St Andrews. He also serves as College Organist for Scotch College.

The Bells

Melbourne's first peal of bells were the six bells hung in St James' Cathedral in 1853, replacing an old ship's bell. Two more were added in 1885. All were cast by Mears and Stainbank of Whitechapel Road, London, and are reputed to be the finest ever cast there. They are still rung regularly by a team of volunteers.

Processional

The Old Cathedral Voices

Hear my Prayer

H. Purcell (1659-1695)

Hear my prayer, O Lord: and let my crying come unto thee.

Greeting

Rev. Mike Rajter

For we do not have a High Priest

who is unable to sympathize with our weaknesses;

but we have one who in every respect has been tested as we are.

yet without sin. *Hebrews 4:15*

Bless the Lord who forgives all our sins:

whose mercy endures for ever.

The Lord be with you.

And also with you.

Let us pray.

Almighty God,

to whom all hearts are open,

all desires known,

and from whom no secrets are hidden:

cleanse the thoughts of our hearts

by the inspiration of your Holy Spirit,

that we may perfectly love you.

and worthily magnify your holy

through Christ our Lord. Amen.

Hymn 506 (Heinlein)

G. H. Smyttan (1822-70)

**Forty days and forty nights
thou wast fasting in the wild,
forty days and forty night
tempted, and yet undefiled.**

**Let us thy endurance share
and from earthly greed abstain,
with thee watching unto prayer,
with thee strong to suffer pain.**

**And if Satan, vexing sore,
flesh or spirit should assail,
thou, his vanquisher before,
grant we may not faint nor fail.**

**So shall we have peace divine,
holier gladness ours shall be;
round us too shall angels shine
such as ministered to thee.**

**Keep, O keep us, Saviour dear,
ever constant by thy side,
that with thee we may appear
at the eternal Eastertide.**

The Commandments

Rev. Mike Raiter

‘Hear, O Israel, the Lord our God, the Lord is one;
you shall love the Lord your God with all your heart,
and with all your soul,
and with all your mind,
and with all your strength.’

Jesus said: ‘This is the great and first commandment.
And a second is like it: you shall love your neighbour as yourself.’

Kyrie & Trisagion

Rev. Mike Raiter

Lord Jesus, receive the prayers we offer.

You bore our weaknesses and carried our sorrows.

Lord, have mercy,

Lord, have mercy.

You felt compassion for the people,

and went among them doing good.

Christ, have mercy,

Christ, have mercy.

You commanded your apostles to heal the sick in your name.

Lord, have mercy,

Lord, have mercy.

Lord, have mercy on us now,

and help us in our time of need.

Holy God, holy and mighty, holy and immortal,

have mercy on us.

Silence is kept.

Collect of the Day

Rev. Mike Raiter

Almighty God,
whose Son fasted forty days in the wilderness,
and was tempted as we are, yet did not sin:
give us grace to direct our lives in obedience to your will,
that, as you know our weakness,
so we may know your power to save;
through Jesus Christ our Redeemer,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

Prayer for The Ministry of the Word

Rev. Mike Raiter

Heavenly Father,
give us wisdom and understanding.
As we listen to your Word,
may we know you better,
love you more,
and learn to please you in all we do;
through Jesus Christ our Lord. **Amen.**

Gathering for Children's Chapel

Canon Matt Williams

We offer an age-appropriate experience of the Ministry of the Word for children, led today by Canon Matt. They are invited to process out to the conference centre, as the following anthem is sung. They will return in time to join us at Holy Communion.

Childsafe Policy: Children's Chapel is supervised at all times by at least two unrelated adults with current Working with Children Check approvals.

Meditation

Thou knowest, Lord

The Old Cathedral Voices

H. Purcell (1659-1695)

*Thou knowest, Lord, the secrets of our hearts;
shut not thy merciful ears unto our prayer,
but spare us, Lord most holy,
O God most mighty,
O holy and most merciful Saviour,
thou most worthy judge eternal,
suffer us not, at our last hour,
for any pains of death,
to fall from thee. Amen.*

1662 BCP Burial Service

First Lesson: Deuteronomy 8:1-18 Catherine McGovern

“The entire commandment that I command you today
you must diligently observe,
so that you may live and increase and go in and occupy the land
that the Lord promised on oath to your ancestors.

² Remember the long way that the Lord your God has led you
these forty years in the wilderness, in order to humble you,
testing you to know what was in your heart,
whether or not you would keep his commandments.

³ He humbled you by letting you hunger,
then by feeding you with manna,
with which neither you nor your ancestors were acquainted,
in order to make you understand
that one does not live by bread alone
but by every word that comes from the mouth of the Lord.

⁴ The clothes on your back did not wear out,
and your feet did not swell these forty years.

⁵ Know, then, in your heart that, as a parent disciplines a child,
so the Lord your God disciplines you.

⁶ Therefore keep the commandments of the Lord your God
by walking in his ways and by fearing him.

⁷ For the Lord your God is bringing you into a good land,
a land with flowing streams,
with springs and underground waters
welling up in valleys and hills,

⁸ a land of wheat and barley,
of vines and fig trees and pomegranates,
a land of olive oil and honey,

⁹ a land where you may eat bread without scarcity,

where you will lack nothing,
a land whose stones are iron
and from whose hills you may mine copper.

10 You shall eat your fill and bless the Lord your God
for the good land that he has given you.

11 “Take care that you do not forget the Lord your God
by failing to keep his commandments, his ordinances,
and his statutes that I am commanding you today.

12 When you have eaten your fill
and have built fine houses and live in them

13 and when your herds and flocks have multiplied
and your silver and gold is multiplied
and all that you have is multiplied,

14 then do not exalt yourself, forgetting the Lord your God,
who brought you out of the land of Egypt,
out of the house of slavery,

15 who led you through the great and terrible wilderness,
an arid wasteland with poisonous snakes and scorpions.

He made water flow for you from flint rock.

16 He fed you in the wilderness with manna
that your ancestors did not know,
to humble you and to test you and in the end to do you good.

17 Do not say to yourself, ‘My power and the might of my own hand
have gotten me this wealth.’

18 But remember the Lord your God,
for it is he who gives you power to get wealth,
so that he may confirm his covenant
that he swore to your ancestors, as he is doing today.

Hear the Word of the Lord: **Thanks be to God.**

O shout with joy to God, all the earth:

**Sing to the honour of his name,
and give him glory as his praise.**

Say to God, 'How fearful are your works:

**because of your great might
your enemies shall cower before you.'**

All the earth shall worship you:

and sing to you, and sing praises to your name.

Come then and see what God has done:

how terrible are his dealings with the children of Adam.

He turned the sea into dry land, they crossed the river on foot:

then were we joyful because of him.

By his power he rules for ever, his eyes keep watch on the nations:

and rebels shall never rise against him.

O bless our God, you peoples:

and cause his praises to resound,

Who has held our souls in life:

who has not suffered our feet to slip.

For you have proved us, O God:

you have tried us as silver is tried.

You brought us into the net:

you laid a sharp torment on our loins.

You let our enemies ride over our heads,

we went through fire and water:

but you brought us out into a place of liberty.

³ Blessed be the God and Father of our Lord Jesus Christ!
By his great mercy he has given us a new birth into a living hope
 through the resurrection of Jesus Christ from the dead
⁴ and into an inheritance that is imperishable, undefiled,
 and unfading, kept in heaven for you,
⁵ who are being protected by the power of God through faith
 for a salvation ready to be revealed in the last time.

⁶ In this you rejoice, even if now for a little while
 you have had to suffer various trials,
⁷ so that the genuineness of your faith—
 being more precious than gold that, though perishable,
 is tested by fire—
may be found to result in praise and glory and honour
 when Jesus Christ is revealed.

⁸ Although you have not seen him, you love him,
 and even though you do not see him now,
 you believe in him and rejoice
 with an indescribable and glorious joy,
⁹ for you are receiving the outcome of your faith,
 the salvation of your souls.

¹⁰ Concerning this salvation, the prophets
 who prophesied of the grace intended for you
 made careful search and inquiry,
¹¹ inquiring about the time and circumstances
 that the Spirit of Christ within them indicated
 when it testified in advance
to the sufferings intended for Christ and the subsequent glory.

¹² It was revealed to them that they were serving not themselves but you, in regard to the things that have now been announced to you through those who brought you good news by the Holy Spirit sent from heaven, things into which angels long to look!

Hear the word of the Lord: **thanks be to God.**

Hymn 496 (Breslau)

C. W. Everest (1814-77)

**'Take up your cross,' the Saviour said,
'if you would my disciple be;
take up your cross with willing heart
and humbly follow after me.'**

**Take up your cross; let not its weight
fill your weak spirit with alarm;
his strength shall bear your spirit up
and brace your heart and nerve your arm.**

**Take up your cross, nor heed the shame,
and let your foolish pride be still:
your Lord refused not even to die
upon a cross, on Calvary's hill.**

**Take up your cross, then, in his strength
and calmly every danger brave;
it guides you to a better home
and leads to victory o'er the grave.**

**Take up your cross and follow Christ,
nor think till death to lay it down;
for only he who bears the cross
may hope to wear the glorious crown.**

The gospel is written in the fourth chapter of the gospel according to Matthew, beginning at the first verse.

Glory to you, Lord Jesus Christ.

Then Jesus was led up by the Spirit into the wilderness
to be tempted by the devil.

²He fasted for forty days and forty nights,
and afterwards he was famished.

³The tempter came and said to him,
'If you are the Son of God,
command these stones to become loaves of bread.'

⁴But he answered, 'It is written,
"One does not live by bread alone,
but by every word that comes from the mouth of God."'

⁵Then the devil took him to the holy city
and placed him on the pinnacle of the temple, ⁶saying to him,
'If you are the Son of God,
throw yourself down; for it is written,
"He will command his angels concerning you",
and "On their hands they will bear you up,
so that you will not dash your foot against a stone."'

⁷Jesus said to him, 'Again it is written,
"Do not put the Lord your God to the test."'

⁸Again, the devil took him to a very high mountain
and showed him all the kingdoms of the world
and their splendour;

⁹and he said to him, 'All these I will give you,
if you will fall down and worship me.'

¹⁰Jesus said to him, ‘Away with you, Satan! for it is written, “Worship the Lord your God, and serve only him.” ’

¹¹Then the devil left him, and suddenly angels came and waited on him.

For the gospel of the Lord: **Praise to you, Lord Jesus Christ.**

Sermon

Bridget Chapman

Anthem

The Old Cathedral Voices

Blessed is the man

J. Stainer (1840-1901)

*Blessed is the man that endureth temptation;
for when he is tried, he shall receive the crown of life,
which the Lord hath promised to them that love him.*

James 1:12

The Apostle's Creed (All Stand.)

Rev. Mike Raiter

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose from the dead;
he ascended into heaven,
and is seated at the right hand of the Father;
from there he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

Intercessory Prayers

Bei-En Zou

Response:

Lord, in your mercy:

hear our prayer.

Let us join together in the prayer which Jesus taught us.

**Our Father in heaven, hallowed be your name,
your kingdom come, your will be done on earth as in heaven.**

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Save us from the time of trial and deliver us from evil.

**For the kingdom, the power, and the glory are yours
now and for ever. Amen.**

Preparation for the Lord's Supper

Rev. Mike Raiter

Let us pray.

**We do not presume to come to your table, merciful Lord,
trusting in our own righteousness,
but in your manifold and great mercies.**

**We are not worthy so much
as to gather up the crumbs under your table.**

But you are the same Lord, whose nature is always to have mercy.

**Grant us, therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ,
and to drink his blood,
that we may evermore dwell in him, and he in us. Amen.**

Confession

Rev. Mike Raiter

Let us confess our sins in penitence and faith,
confident in God's forgiveness.

Merciful God,

our maker and our judge,

**we have sinned against you in thought, word, and deed,
and in what we have failed to do:**

we have not loved you with our whole heart;

we have not loved our neighbours as ourselves;

we repent, and are sorry for all our sins.

Father, forgive us.

**Strengthen us to love and obey you in newness of life;
through Jesus Christ our Lord. Amen.**

Absolution

Rev. Mike Raiter

Almighty God,
who has promised forgiveness to all who turn to him in faith:
pardon you and set you free from all your sins,
strengthen you in all goodness
and keep you in eternal life,
through Jesus Christ our Lord. **Amen.**

The Greeting of Peace (All Stand.)

Rev. Mike Raiter

We are the body of Christ:

His Spirit is with us.

The peace of the Lord be always with you.

And also with you.

Hymn 8 (Ein' Feste Burg)

M. Luther (1483-1546)

**A mighty fortress is our God,
a sure defence and weapon.
He'll help us out of every need
whatever now may happen.**

**The ancient evil fiend
has deadly ill in mind;
great power and craft are his,
his armour gruesome is,
on earth is not his equal.**

**With our own strength is nothing done,
soon we are lost, dejected;
but for us fights the rightful Man
whom God himself elected.**

**You ask: Who may this be?
Christ Jesus it is he,
the Lord Sabaoth's Son,
our God, and he alone
shall hold the field victorious.**

Cont. Over =>

**And though the world were full of fiends
all lurking to devour us,
we tremble not, nor fear their bands,
they shall not overpower us.**

**The prince of this world's ill
may scowl upon us still,
he cannot do us harm,
to judgement he has come:
one word can swiftly fell him.**

**The Word they must allow to stand -
for this they win no merit;
upon the field, so near at hand,
he gives to us his Spirit.**

**And though they take our life,
goods, honour, child, and wife,
though we must let all go,
they will not profit so:
to us remains the Kingdom.**

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

All glory and honour be yours always and everywhere,
mighty creator, everliving God.

We give you thanks and praise for your Son,
our Saviour Jesus Christ,
who by the power of your Spirit was born of Mary
and lived as one of us.

He was tempted in every way as we are,
yet he did not sin.

By his death on the cross
and rising to new life,
he offered the one true sacrifice for sin
and obtained an eternal deliverance for his people.

By his grace we are able to triumph over every evil,
and to walk in the way of his love.

Therefore with angels and archangels
and with all the company of heaven,
we proclaim your great and glorious name,
for ever praising you and saying:

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.**

Merciful God, we thank you for these gifts of your creation,
this bread and wine,
and we pray that by your Word and Holy Spirit,
we who eat and drink them
may be partakers of Christ's body and blood.

On the night when he was betrayed Jesus took bread;
and when he had given you thanks
he broke it, and gave it to his disciples, saying,
'Take, eat. This is my body given for you.
Do this in remembrance of me.'

After supper, he took the cup,
and again giving you thanks
he gave it to his disciples, saying,
'Drink from this, all of you.
This is my blood of the new covenant
shed for you and for many
for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.'

Christ has died.

Christ is risen.

Christ will come again.

Therefore we do as our Saviour has commanded:
proclaiming his offering of himself
made once for all upon the cross,
his mighty resurrection and glorious ascension,
and looking for his coming again,
we celebrate, with this bread and this cup,
his one perfect and sufficient sacrifice
for the sins of the whole world.

Renew us by your Holy Spirit,
unite us in the body of your Son,
and bring us with all your people
into the joy of your eternal kingdom;
through Jesus Christ our Lord,
with whom, and in whom,
in the fellowship of the Holy Spirit,
we worship you, Father,
in songs of never-ending praise:

**Blessing and honour and glory and power
are yours for ever and ever. Amen.**

We who are many are one body,
for we all share in the one bread.

Come, let us take this holy sacrament of the body and blood of Christ
in remembrance that he died for us,
and feed on him in our hearts by faith with thanksgiving.

*All baptised believers in the Lord Jesus Christ
are welcome to join us at the Lord's Table.*

*If you need gluten-free bread,
advise the minister at the rail.*

*If you prefer an individual cup of grape juice,
simply decline the common cup of wine when offered.*

During Communion
I am the bread of life

The Old Cathedral Voices
Keren Terpstra (b. 1978)

*Commissioned for The Old Cathedral Voices. Premiered 18th April 2014.
The Very Reverend Keren Terpstra now serves as the Dean of Sale.*

Ostinato: Ego eimi (Greek: I AM)

I am the bread of life.

*Whoever comes to me shall not hunger,
and whoever believes in me shall never thirst.*

I am the living bread that came down from heaven.

Whoever eats of this bread will live forever.

And the bread that I will give for the life of the world is my flesh.

John 6:35, 51

After Communion

Canon Matt Williams

God of mercy, may we who have shared this holy meal
know your forgiveness in our lives,
bring your reconciliation to others,
and be a sign of your wholeness in this broken world.

Father,

we offer ourselves to you

**as a living sacrifice
through Jesus Christ our Lord.**

**Send us out in the power of your Spirit
to live and work to your praise and glory.**

Notices

Canon Matt Williams

Hymn 514 (Thornbury 389)

J. E. Bode (1816-74)

**O Jesus, I have promised
to serve you to the end;
Lord, be for ever near me,
my master and my friend:
I shall not fear the battle
if you are by my side,
nor wander from the pathway
if you will be my guide.**

**O let me feel you near me:
the world is ever near;
I see the sights that dazzle,
the tempting sounds I hear;
my foes are ever near me,
around me and within;
but, Jesus, draw me nearer,
and shield my soul from sin.**

**O let me hear you speaking
in accents clear and still,
above the storms of passion,
the murmurs of self-will;
Lord, speak to reassure me,
to chasten or control;
O speak, and make me listen,
true guardian of my soul.**

**Lord, let me see your footmarks
and in them plant my own;
that I may follow boldly
and in your strength alone:
O guide me, call me, draw me,
uphold me to the end;
and then in heaven receive me,
my Saviour and my friend.**

Blessing & Dismissal

Canon Matt Williams

Christ our Saviour draw you to himself,
that you may find in him crucified
a sure ground for faith,
a firm support for hope,
and the assurance of sin forgiven,
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always. **Amen.**

Go in peace to love and serve the Lord:

In the name of Christ. Amen.

Recessional

David Brown (Organ)

*Please join us for morning tea
in the Conference Centre next door.*

National Trust Appeal: Roof Replacement

In 2010 a Heritage Review identified the replacement of our slate roof as an urgent work for the next two years.

We have not been able to fund this, and have continued to tolerate regular leaks in the rain, which are damaging other parts of the church in turn.

Parish Council and the National Trust have authorised an appeal. **We are seeking to raise \$500,000** for the full replacement of the slate roof and the restoration of other things which are urgent or best done at the same time. We have engaged Extent Heritage to guide this process and optimise outcomes.

Just before Tony died, Tony and Wendy Greenwood donated the first \$200,000 to this appeal. They hoped to inspire others.

Donations through the National Trust are Tax Deductible. The National Trust take an 8% administration fee.

Please direct Tax Deductible Donations to:

National Trust of Australia (Victoria)

BSB: 033000

Account number: 937419

Description: St James Old Cathedral

Please follow up any donations with an email to both accounts@nattrust.com.au and office@sjoc.org.au so that we can track donations.

Should we raise more than is needed for urgent works, we are approved to use donations to repay the outstanding loan for the 2011 Tower Restoration.

Child Safe Culture Principle of the Week

6. Do Paperwork with Thanksgiving!

It is hard to get excited about paperwork at the best of times. Not all the paperwork mandated for child safe compliance by government and church bodies is optimised for actual safety.

Nonetheless, it needs to be done, and it is better to have some inefficiencies in our vetting processes than not to have any at all.

So we strive to do our paperwork with thanksgiving – not for the work itself, but for the additional safety it provides to our community and especially our children.

We encourage everyone to go above and beyond – ideally our whole community would have a police check and a working with children check card completed, so that any time you consider serving in a role these protocols were already done. And ideally everyone would complete child safe training, to enhance the level of understanding of best practice in our church community.

To find out what you could do, email Una at safety@sjoc.org.au

Kooyoora is on 1800 135 246. Our local police are on 03 8690 4444.

Other principles:

- 1. Insist on two unrelated adults**
- 2. Kooyoora is your friend.**
- 3. Don't look into it.**
- 4. Make grooming look odd.**
- 5. Make allies not accusations**

Intercessions

We pray for: Our West Melbourne Community; Haileybury College; Mike Raiter and The Centre for Biblical Preaching; Emma Payne (CMS); Chris & Sarah Griffioen and family (OM); Australian Indigenous Churches; Ridley College; Trinity College; the Overseas Chinese Christian Church; Janette Wells; Neil; Diane and Roger Smith and family; Beverly Stephenson; Sergio Altin; The Hamilton Family; Jean Ely; Neil Hawthorn; Lorraine Hedley; Jamie Chisholm; Stuart; Jenny Swain; Kim Boulton; Tony Billington; Ken McAlpine; Anne Ellison; Faye Moses; Gillian Williams; Mavis Payne; Lisa Thompson; Warren Mills; Chris & Roselee Jones; Wendy Greenwood; Sharon Goldby; Owen Billington.

Notices

- A new Tuesday night dinner & bible study group has begun at Canon Matt's house: 96 Roden Street, West Melbourne, 7pm-9pm.
- KYB Women's Bible Study has returned. See Diana for details.
- Sundays March 1-22 will be a special series "Taste and See", tracing the outline of the Christian message in four weeks, with lunch following each Sunday service until 1pm.
- Parish Council meets today at 12pm.

Contact Details

Vicar:	Rev. Canon Matt Williams	0403 770 867
Associate Minister:	Rev. Mike Raiter	0425 211 058
Lay Minister:	Ms. Bei-En Zou	0434 899 839
Student Ministers:	Ms. Bridget Chapman	0406 320 940
	Ms. Lwe Moo San Tay	
On-Site Manager:	Ms. Lisa Wardell	0417 624 915
Child Safety Officer:	Ms. Una Ebsworth	0400 717 571
Churchwardens:	Mr David Spriggs	0417 190 319
	Ms Elizabeth Blades-Hamilton	0423 100 677
	Mr Andrew Watkins	0451 128 788

www.sjoc.org.au